
215.75

Health Update Appointments

Overview

Introduction

Health Updates are appointments to provide follow-up services to all infants, children, and to breastfeeding mothers and to update breastfeeding status.

Policy: Infants

Schedule all infants for Health Update appointments every three months. Each of these appointments includes a brief health assessment, breastfeeding data collection, and a second nutrition education contact.

**Policy:
Children**

Schedule all children for a Health Update appointment 6 months after the certification appointment. These appointments will include anthropometric measurements, blood work as required, a brief update of the health and dietary assessment, immunization screening follow-up as necessary, and nutrition education.

**Policy:
Breastfeeding
mother**

Schedule a Health Update appointment for each breastfeeding woman to coincide with her infant's mid-year Health Update appointment (between 5-7 months). At this appointment, complete a brief maternal health assessment and provide a second nutrition education contact for the mother.

Schedule additional Nutrition Education appointments approximately three months after certification and three months after the Health Update appointment.

Note: Breastfeeding mothers whose infants receive more than half of the WIC formula package after the age of 6 months will no longer receive food benefits. However, these women continue to be Active participants and should receive nutrition services including nutrition counseling, education and referrals.

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Overview, Continued

Background

Infants less than 6 months old may be certified until the month of their first birthday provided the quality and accessibility of health care services are not diminished. Federal policy guidance states that state agencies choosing this option must assure that access to health care services is assessed and that nutrition education is provided at approximately the same frequency as when infants were certified for six months. State and local agencies that are not in compliance with this policy can be required to return to six month certification periods for all infants.

Children may be certified for up to one year ending with the last day of the month in which a child reaches his/her fifth birthday. Federal policy guidance states that state agencies choosing this option must assure that health care and nutrition services are not diminished during the certification extension period.

Breastfeeding mothers may be certified for up to one year postpartum, or until the woman stops breastfeeding, whichever occurs first. A mid-year appointment is scheduled to assess access to health care services and provide nutrition education.

Completing an Infant's Appointment

Introduction

A Health Update appointment for an infant includes a brief health assessment and nutrition education.

Content

The table below describes what should happen at each appointment.

Step	Action
1	Complete the required sections listed below of the infant nutrition interview. Review and consider completing the recommended questions listed below.
2	At least once during the certification period, obtain weight and length measurements.
3	Between 9-12 months of age, obtain referral bloodwork data or measure hemoglobin or hematocrit level. <u>Note:</u> See Policy 215.72 for more information about bloodwork.
4	Evaluate the formula feeding plan especially if currently receiving a lactose-free product.
5	Complete a new risk determination.
7	Provide and document completed nutrition education as usual.
8	Complete and document referrals as appropriate.

Required nutrition interview questions

The following questions are required to ensure that breastfeeding status and/or formula feeding plans are current.

Infant – Breastfeeding/Partial	Infant – Formula Feeding
Health care provider	Health care provider
Pop-up: Is infant currently breastfeeding?	Pop-up: Is infant currently breastfeeding?
1d: for all infants	2a: yes
1e: yes, if received something else, rarely or something else, regular basis	2b: yes, if BF description = No longer BF
1f: yes, if received something else, regular basis	2d: yes
1g: yes, for infants with, “What besides breastmilk has baby received” = something else, rarely or something else, regular basis	2e: yes

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Completing an Infant's Appointment, Continued

Required nutrition interview questions, continued

Infant – Breastfeeding/Partial	Infant – Formula Feeding
1h: yes, if some formula, rarely or some formula, regular basis	2f: yes, for all infants
1i: yes, if some formula, regular basis	2g: yes, if formula received = some formula, rarely or some formula, regular basis
1l: for all infants	2h: yes, if formula received = some formula, regular basis

Recommended nutrition interview questions

The following questions are not required but recommended for review and possible completion.

Infant – Breastfeeding/Partial	Infant – Formula Feeding
1a, 1b, 1m, 1n, 1o, 1p, 3a, 3b, 3c, 4a, 5a, 6a, 6c	2i, 2j, 2k, 2l, 2m, 2n, 3a, 3b, 3c, 4a, 5a, 6a, 6c

Using referral data

WIC agencies are strongly encouraged to use previously collected bloodwork and anthropometric data from well-child visits.

Care plan requirements

A new care plan is required for high-risk participants. CPAs are encouraged to write a new care plan for other infants to:

- Expand on the responses recorded in the nutrition interview,
- Document the infant's formula feeding plan, or
- Document other nutrition information not recorded in the record.

Completing a Child's Appointment

Introduction

A Health Update appointment for a child includes anthropometric measurements, blood work as required in policy, a brief update of the health and dietary assessment, and follow-up immunization screening as necessary.

Content

The table below describes what should happen at each appointment.

Step	Action
1	Obtain weight and height measurements and assess growth and weight.
2	Between 15-18 months, obtain referral blood work data or measure hemoglobin or hematocrit level. <u>Note:</u> See Policy 215.72 for more information about blood work.
3	Complete the following required nutrition interview questions: <ul style="list-style-type: none"> • Health care provider • 5a: yes, if child is <24 months of age • 5b: yes, if BF description = No longer BF • 5c: yes, if BF description = No longer BF • 5d: yes, if child is <24 months of age (age at time of interview record date) • 5e: yes, if child is <24 months of age (age at time of interview record date)
4	Update the nutrition interview panel to identify major changes since the previous certification. An abbreviated assessment should include: <ul style="list-style-type: none"> • Review of the last nutrition interview; • New concerns raised by the client; • New medical diagnoses; • Changes in eating pattern/food intake/food package; and • Changes in physical activity behaviors. • Consider updating questions: 1a, 1b, 1c, 2a, 3a, 5h, 5j, 5k, 5l, 6a <u>Note:</u> An updated assessment may include creating a new nutrition risk record, only creating a new care plan, or both.
5	Follow-up as necessary to the immunization screening and referrals made during certification.
6	Complete a new risk determination.
7	Provide and document completed nutrition education as usual.
8	Complete and document referrals as appropriate.

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Completing a Child's Appointment, Continued

Using referral data	WIC agencies are strongly encouraged to use previously collected blood work and anthropometric data from well-child visits.
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Care plan requirements	<p>A new care plan is required for high-risk participants. CPAs are encouraged to write a new care plan for other children to:</p> <ul style="list-style-type: none">• Expand on responses recorded in the nutrition interview, or• Document other nutrition information not recorded in the record.
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Completing a Breastfeeding Mother's Appointment

Introduction The Health Update appointment for a breastfeeding woman includes a brief health assessment and nutrition education.

Content of appointment The table below describes what should happen at the appointment.

Step	Action
1	Complete the required health care provider question. Review and consider completing the following nutrition interview recommended questions: 1b, 1e, 1f, 2b, 2d, 3a, 3b, 3c, 3d, 5a.
2	Obtain weight (for all mothers) and height (up until age 21).
3	Measure hemoglobin or hematocrit level if low at certification.
4	Complete a new risk determination.
5	Provide and document completed nutrition education as usual.
6	Complete and document referrals as appropriate.

Using referral data WIC agencies are strongly encouraged to use previously collected bloodwork data when available.

Care plan requirements A new care plan is required for high-risk participants. CPAs are encouraged to write a new care plan for other women to:

- Expand on the responses recorded in the nutrition interview, or
- Document other nutrition information not recorded in the record.

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